



# June 2016 Schedule

Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



Indoor Class



Outdoor Class



Outdoor Class During  
Nice Weather.  
Indoor Class During  
Bad Weather.

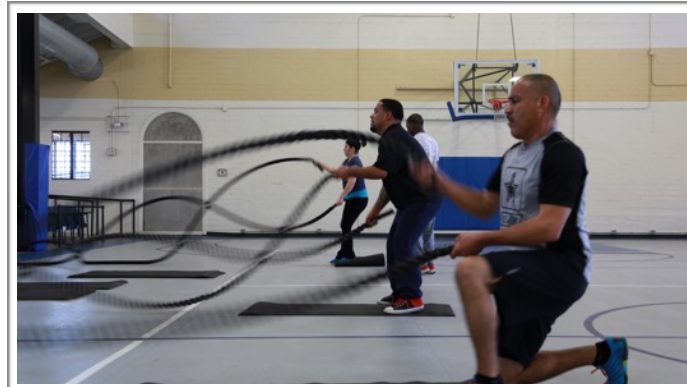




















**@SAParksFitness**  
**San Antonio Parks and Recreation Fitness**

**WEATHER HOTLINE (210) 207-3128**

# Boot Camps

Boot camps and circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. Exercises will also focus on flexibility and agility, giving you a great total body workout. An exercise “circuit” refers to one completion of all prescribed exercises in the program.
















Class Name		Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp		Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center
Adult Boot Camp	 	Harlandale Park 7227 Briar Place	Mon	6:30 pm	Inside Harlandale Community Center
Adult Boot Camp	 	LBJ Park 10700 Nacogdoches	Wed	6:30 pm	Inside Lou Hamilton Community Center <b>*No class June 29</b>
Adult Boot Camp		Phil Hardberger Park East 13203 Blanco	Sat	9:30 am	Near the outdoor classroom <b>*No class June 4 or 11</b>
Boot Camp		South San Park 2031 Quintana	Mon	6:30 pm	Inside South San Community Center
Boot Camp	 	South Side Lions Park 3100 Hiawatha	Thurs	5:45 pm	Inside South Side Lions Community Center <b>*No class June 2, 9 or 16</b>
Boot Camp	 	Encino Library 2515 East Evans Rd.	Sat	11:00 am	Inside Encino Library <b>*No class June 11</b>
Boot Camp	 	Palm Heights 1201 W. Malone	Thurs	7:30 pm	Inside Palm Heights Community Center
Boot Camp		Travis Park 301 E Travis	Wed	5:30 pm	In the park <b>*No class June 1, 8 or 15</b>
Boot Camp hosted by Alamo Nutrition		McAllister Park 13102 Jones Maltsberger	Tues / Thurs	6:00 pm	At the outdoor fitness stations
Boot Camp hosted by Alamo Nutrition		Stone Oak Park 20395 Stone Oak Parkway	Sat	9:00 am	At the outdoor fitness stations <b>*No class June 11</b>
Boot Camp		Nani Falcone Park 7625 Mystic Park	Wed	6:30 pm	Next to the playground
Boot Camp		Dawson Park 2500 E. Commerce	Thurs	6:00 pm	Next to the playground


















# Circuit Training

Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the outdoor fitness stations <b>*No class June 11</b>
Adult Circuit Training	 	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	6:00 pm	Inside Enrique Barrera Fitness Center
Adult Circuit Training		Bonnie Conner Park 13300 Woller	Thurs	5:30 pm	Next to the playground
Adult Circuit Training		Labor Street Park 436 Labor Street	Wed	5:30 pm	At the outdoor fitness stations
Adult Circuit Training		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	6:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Adult Circuit Training		Lou Kardon Park 6161 Gibbs Sprawl Rd.	Wed	8:30 am	At the playground
Outdoor Circuit hosted by the Mays Family YMCA		Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk
Adult Circuit Training (30 minutes)		Walker Ranch Park 12603 West Ave.	Mon	5:15 am	Next to the pavilion <b>*No class June 6</b>
Adult Circuit Training		Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts <b>*No class June 12 or 19</b>
Adult Circuit Training		Lockwood Park 801 N. Olive	Sun	10:00 am	Near the Farmer's Market <b>*No class June 5 or 19</b>
Circuit Training		La Villita 418 La Villita	Tues, June 7	8:00 pm	Next to the Mobile Fit
Circuit Training (30 minutes)		Pearsall Park 4700 Old Pearsall	Sat, June 11	10:00 am	In the activity area (New Entrance)

# Circuit Training, Cross Training and More











Class Name		Location	Day(s)	Time	Meeting Place
Adult Circuit Training		Heritage Duck Pond 900 S. Ellison	Tues, June 7	5:00 pm	Next to the playground
Adult Circuit Training		Collins Garden Park 1525 Nogalitos	Mon	6:00 pm	At the outdoor fitness stations
Low Impact Circuit Training	 	Encino Library 2515 East Evans Rd.	Sat	10:00 am	Inside Encino Library <b>*No class June 11</b>
Low-Impact Circuit Training	 	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library <b>*No class June 6 or 27</b>
Low-Impact Circuit Training		Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center
Low Impact Circuit Training		West End Park 1401 N Hamilton	Mon/Fri	8:30 am	Next to Frank Garrett Center <b>*No class June 20 thru 27</b>
Cross Training		Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center
Cross Training		Garza Park 1450 Mira Vista	Sat, June 4	10:00 am	Inside Garza Community Center
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	6:30 pm	Next to the playground <b>*No class June 6 or 27</b>
Core Training (30 min)		OP Schnabel Park 9606 Bandera	Mon	7:00 pm	Next to the playground <b>*No class June 6 or 27</b>
Low Impact Circuit Training (30 minutes)		Pearsall Park 4700 Old Pearsall	Sat, June 11	10:30 am	In the activity area (New Entrance)



# Interval Training

Interval Training includes many of the same movements that make up a boot camp or circuit training session. What makes interval training unique is the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session giving everyone a complete body work out.

Class Name		Location	Day(s)	Time	Meeting Place
Interval Training	 	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward Community Center
Interval Training		Bonnie Conner Park 13300 Woller	Thurs	6:30 pm	Next to the playground
Interval Training	 	Highland Park 901 Rigsby	Tues	7:00 pm	Inside Bode Community Center
Interval Training		Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts <b>*No class June 12 or 19</b>
Interval Training		McAllister Park 13102 Jones Maltsberger	Sat	11:00 am	Next to the Turkey Roost Pavilion <b>*No class June 11</b>
Interval Training		Walker Ranch Park 12603 West Ave.	Wed	7:00 pm	Next to the pavilion
Interval Training		Walker Ranch Park 12603 West Ave.	Mon	6:00 am	Next to the pavilion <b>*No class June 6</b>
Interval Training		La Villita 418 Villita Street	Tues, June 7	7:00 pm	Next to the Mobile Fit van






# Cycle Circuit

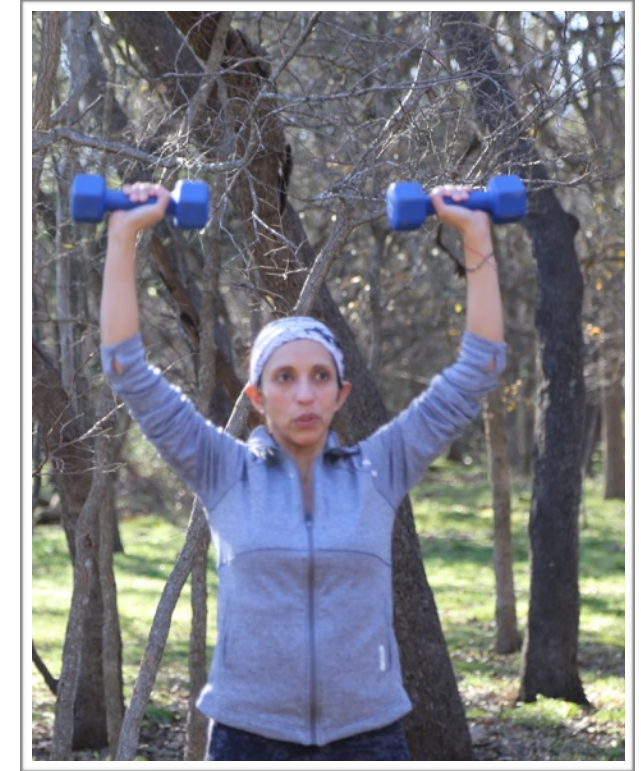
Cycle Circuit is a unique blend of cycling and circuit training. During each session, participants will engage in a series of exercises at designated stopping points followed by a period of cycling. Each participant must have his/her own bicycle and helmets are required.

Class Name		Location	Day(s)	Time	Meeting Place
Cycle Circuit	 	Mission Library 3134 Roosevelt	Sat	2:00 pm	Meet in the library courtyard <b>*In the case of rain, meet inside the library for a traditional circuit training class</b> <b>*No class June 4 or 11</b>






# Family Fitness Frenzy

Family Fitness Frenzy is a great way to work out as a family. This unique exercise class allows the entire family to work out together. Activities are modified for all ages and abilities. Model healthy habits to your children while improving your family's overall health. A parent or guardian must stay with their children during class.

Class Name		Location	Day(s)	Time	Meeting Place
Family Fitness Frenzy	 	LBJ Park 10700 Nacogdoches	Wed	5:30 pm	Inside Lou Hamilton Community Center <b>*No class June 29</b>
Family Fitness Frenzy		OP Schnabel Park 9606 Bandera	Mon	5:30 pm	Next to the playground <b>*No class June 6 or 27</b>
Family Fitness Frenzy		Lockwood Park 801 N. Olive	Sun	11:00 am	Near the Farmer's Market <b>*No class June 5 or 19</b>
Family Fitness Frenzy		La Villita 418 Villita Street	Tues, June 7	6:00 pm	Next to the Mobile Fit van















# Strength and Conditioning

Class Name		Location	Day(s)	Time	Meeting Place
ELITE Strength & Conditioning (Strength)	 	Cuellar Park 5626 San Fernando	Mon	5:00 pm	Inside Cuellar Community Center
ELITE Strength & Conditioning (Conditioning)	 	Cuellar Park 5626 San Fernando	Mon	6:00 pm	Inside Cuellar Community Center
ELITE Strength & Conditioning (Conditioning)		Labor Street Park 436 Labor Street	Wed	6:30 pm	At the outdoor fitness stations



# Cross Fit

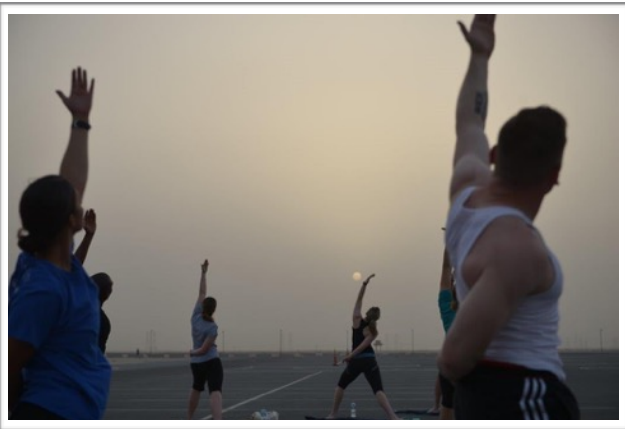
Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. Classes offer pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.

















Class Name		Location	Day(s)	Time	Meeting Place
Cross Fit	 	Highland Park 901 Rigsby	Tues	6:00 pm	Inside Bode Community Center
Cross Fit	 	Harlandale Park 7227 Briar Place	Mon	7:30 pm	Inside Harlandale Community Center
Cross Fit		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost pavilion <b>*No class June 11</b>
Cross Fit	 	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center
Cross Fit		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	7:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Cross Fit		Heritage Duck Pond 900 S. Ellison	Tues, June 7	6:00 pm	Next to the playground
Cross Fit for Kids		Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <b>*No class June 21</b>
Cross Fit for Adults		Rainbow Hills Park 528 Rasa	Tues	6:00 pm	In the field <b>*No class June 21</b>
Cross Fit		Monterrey Park 5909 W. Commerce	Sat	10:00 am	Next to the playground <b>*No class June 11 or 25</b>



# Yoga, Tai Chi & Meditation

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Try one of several types of yoga offered, including our Family Friendly Yoga classes that are open to families with young children. Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner, great for stretching and serenity.






Class Name		Location	Day(s)	Time	Meeting Place
Yoga		Dorie Miller 2802 MLK	Sat, June 4	11:30 am	Inside Dorie Miller Community Center
Yoga		Highland Park 901 Rigsby	Sat	11:30 am	Inside Bode Community Center <b>*No class June 4 or 11</b>
Yoga	 	Mission Library 3134 Roosevelt	Sat	1:00 pm	Inside Mission Library <b>*No class June 4 or 11</b>
Yoga		Pan American Library 1122 Pyron Ave.	Sun	11:00 am	Inside Pan American Library
Yoga		Cuellar Park 5626 San Fernando	Tues, June 7	5:00 pm	Inside Cuellar Community Center
Yoga		LBJ Park 10700 Nacogdoches	Wed	6:00 pm	Inside Lou Hamilton Community Center
Family Friendly Yoga		Phil Hardberger Park East 13203 Blanco	Sat	10:30 am	At the outdoor classroom <b>*No class June 4 or 11</b>
Family Friendly Yoga		Collins Garden Park 1525 Nogalitos	Mon	7:00 pm	At the outdoor fitness stations
Chair Yoga		Dorie Miller 2802 MLK	Sat, June 4	10:30 am	Inside Dorie Miller Community Center
Chair Yoga		Highland Park 901 Rigsby	Sat	10:30 am	Inside Bode Community Center <b>*No class June 4 or 11</b>
Tai Chi		Pan American Library 1122 Pyron Ave.	Fri	11:00 am	Inside Pan American Library
Stretching and Recovery		Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts <b>*No class June 12 or 19</b>
Meditation		Hardberger Park West 8400 NW Military Hwy	Sat	4:00 pm	On the patio of the Phil Hardberger Park Urban Ecology Center <b>*No class June 11</b>
Yoga (30 minutes)		Pearsall Park 4700 Old Pearsall	Sat, June 11	11:00 am	In the activity area (New Entrance)
Yoga		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon / Wed	5:30 pm	Inside Enrique Barrera Fitness Center



# In the Pool





Water Fitness is a great way to stay cool while getting a low impact workout. The water provides resistance and a soothing motion for your joints. Join the exceptional staff at the San Antonio Natatorium for this exciting, fun and motivational class

Class Name		Location	Day(s)	Time	Meeting Place
Water Fitness		San Antonio Natatorium 1430 W. Cesar Chavez	Tues / Thurs	11:45 am	Inside the Natatorium Pool <b>*No class June 2</b>
Aqua Zumba		San Pedro Pool 2200 N Flores	Wed	6:30 pm	Inside the pool <b>*No class June 1, 8 or 15</b>
Aqua Zumba		Normoyle Pool 700 Culberson	Tues	5:45 pm	Inside the pool <b>*No class June 7 or 14</b>















# Lap Swimming

Lap Swimming is a great full body workout that combines cardiovascular endurance with muscular strength training. Stay cool and get fit this summer with San Antonio Parks and Recreation Lap Swimming program.

Class Name		Location	Day(s)	Time	Meeting Place
Lap Swimming		Woodlawn Lake Park 221 Alexander	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool
Lap Swimming		Southside Lions Park 3100 Hiawatha	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool
Lap Swimming		LBJ Park 10700 Nacogdoches	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool
Lap Swimming		Heritage Park 1423 Ellison	Tues, Wed, Thurs	7:30 am - 9:30 am	In the pool

Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance. Our Zumba classes always feel like a party so come join us and party yourself into shape!












Class Name		Location	Day(s)	Time	Meeting Place
Zumba Toning		McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost Pavilion <b>*No class June 11</b>
Zumba in partnership with Community First Health Plans	 	South Side Lions Park 3100 Hiawatha	Thurs	6:45 pm	Inside South Side Lions Community Center <b>*No class June 2, 9 or 16</b>
Zumba		Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center
Zumba / Dance Mix hosted by the Y Living Center		Jimmy Flores Park 835 W. Southcross	Wed	6:30 pm	Inside the Family YMCA
Zumba hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk <b>*No class June 11</b>
Zumba hosted by the YMCA at OP Schnabel Park		OP Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at OP Schnabel Park reception desk
Zumba in partnership with Community First Health Plans		Lions Field 2809 Broadway	Wed	7:00 pm	Inside Lions Field Adult and Senior Center <b>*No class June 1, 8 or 15</b>
Zumba		Hardberger Park West 8400 NW Military	Sat	8:00 am	On the patio of the Phil Hardberger Park Urban Ecology Center <b>*No class June 11</b>
Zumba		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon	6:45 pm	Inside Enrique Barrera Community Fitness Center <b>*No class June 6 or 13</b>
Zumba hosted by Community First Health Plans	 	Garza Park 1450 Mira Vista	Tues	6:30 pm	Inside Garza Community Center
Zumba hosted by Community First Health Plans	 	LBJ Park 10700 Nacogdoches	Sat	11:30 am	Inside Lou Hamilton Community Center
Zumba (30 minutes)		Pearsall Park 4700 Old Pearsall	Sat, June 11	10:30 am	In the activity area (New Entrance)

# Dance Fitness

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, ballet, hula, and folklorico, we have something for everyone.










Class Name		Location	Day(s)	Time	Meeting Place
CYPHER Hip Hop Dance		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio <b>*Ages 11 to Adult</b> <b>*No class June 11</b>
Hula Dancing		LBJ Park 10700 Nacogdoches	Mon	6:00 pm	Inside Lou Hamilton Community Center
Adult Line Dancing		Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Adult Line Dancing		Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center
Line Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	1:00 pm	Inside Berta Almaguer Dance Studio <b>*No class June 11</b>
Bailar Es Vivir (A mix of dance styles)		Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Mon/Wed	5:30 pm	Inside Enrique Barrera Fitness Center <b>*Class taught in Spanish</b>
Intro to Folklorico Dance (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	10:00 am	Inside Berta Almaguer Dance Studio
Intro to Folklorico Dance for adults		Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center
Intro to Ballet Exercise (Teens and Adults)		Berta Almaguer Dance Studio 138 S. Josephine	Tues	11:00 am	Inside Berta Almaguer Dance Studio





**Fitness in the park**  
[www.sanantonio.gov/parksandrec](http://www.sanantonio.gov/parksandrec)

## More Dance Fitness

Class Name		Location	Day(s)	Time	Meeting Place
Belly Dancing		Lions Field Adult & Senior Center 2809 Broadway	Tues	5:30 pm	Inside Lions Field Adult & Senior Center
Belly Dancing		Berta Almaguer Dance Studio 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio <b>*No class June 11</b>
ATS Belly Dancing		Encino Library 2515 East Evans Rd.	Sun	5:00 pm	Inside Encino Library
Belly Dancing		Granados Park 500 Freiling	Wed	12:30 pm	Inside Granados Adult & Senior Center <b>*No class June 1</b>
Belly Dancing		Commander's House 622 S. Flores	Tues	11:00 am	Inside Commander's House
Caribe Rico Miderno		Lions Field Adult & Senior Center 2809 Broadway	Tues	6:30 pm	Inside Lions Field Adult & Senior Center
Caribe Rico Miderno		Granados Park 500 Freiling	Wed	1:30 pm	Inside Granados Adult & Senior Center <b>*No class June 1</b>

# More Cardio

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength routines. The goal is to improve all elements of fitness including flexibility, muscular strength, and cardio vascular fitness.

Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, Body Pump strengthens, tones and defines the body as nothing else can.

Piloxing is a fusion of Pilates, boxing, and dance done through interval training. Come try this new and unique exercise class!

Martial Arts is a great way to improve your balance, strength, flexibility and overall conditioning. This unique class allows you to work out as a family.

Tae Bo is a martial arts based workout made famous by Billy Banks. This fun-filled workout will tone your entire body.















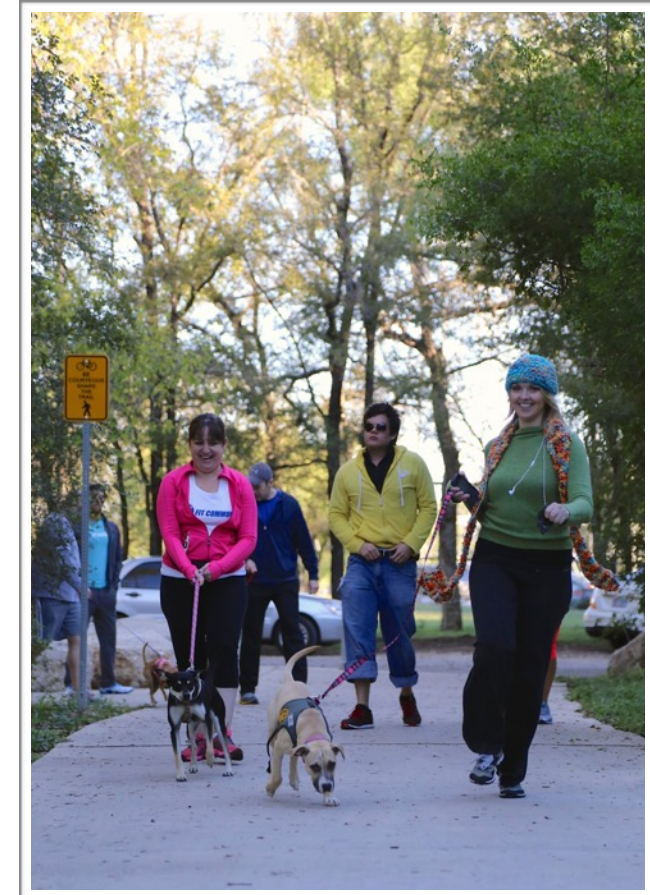
Class Name		Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Cardio Kickboxing		Heritage Duck Pond 900 S. Ellison	Tues, June 7	7:00 pm	Next to the pavilion
Body Combat hosted by the Davis Scott YMCA		Pittman-Sullivan Park 1213 Iowa	Wed	6:30 pm	Check in at the Davis-Scott YMCA reception desk
Body Combat hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk <b>*No class June 11</b>
Body Pump hosted by the Westside YMCA		Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk <b>*No class June 11</b>
Piloxing		South Side Lions Park 3100 Hiawatha	Mon	6:30 pm	Inside South Side Lions Community Center
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:00 pm	Inside Encino Library <i>*Limit of 30 participants per session</i> <b>*No class June 11</b>
Family Martial Arts	 	Encino Library 2515 East Evans Rd.	Sat	12:30 pm	Inside Encino Library <i>*Limit of 30 participants per session</i> <b>*No class June 11</b>
Tae Bo		Copernicus Park 5003 Lord Rd	Tues/ Thurs	6:00 pm	Inside Copernicus Community Center <b>*No class June 16 or 30</b>
Step hosted by BBE Fitness		Brackenridge Park 3700 N St. Mary's	Sun, June 12	12:00 pm	At Cypress Pavilion
Build hosted by BBE Fitness		Brackenridge Park 3700 N St. Mary's	Sun, June 26	12:00 pm	At Cypress Pavilion
Cardio Kickboxing (30 minutes)		Pearsall Park 4700 Old Pearsall	Sat, June 11	10:00 am	In the activity area (New Entrance)

# Walking Groups

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!

The National Recreation and Parks Association understands the benefits of walking as a form of exercise. Through their walking initiatives, NRPA is encouraging communities to design safe, walkable communities such as our Greenway Trail System as well as promote programs that encourage and support walking such as the programs listed here. Join the national push to "Get Out and Walk in Your Local Park".

Class Name		Location	Day(s)	Time	Meeting Place
Social Walk		Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center
Power Walk		Commander's House 622 S. Flores	Tues	8:30 am	On the porch of the Commander's House
Walk on the River		Commander's House 622 S. Flores	Thurs	8:30 am	On the porch of the Commander's House
Walking Group		Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Next to the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Thurs	7:00 pm	Inside Copernicus Community Center
Walk It Out Fitness		Copernicus Park 5003 Lord Rd.	Sat	1:00 pm	Inside Copernicus Community Center <b>*No class June 11</b>
Community Walk		Pittman-Sullivan Park 1213 Iowa	Sat, June 25	8:30 am	At the Davis-Scott YMCA entrance
Walking Group		West End Park 1401 N Hamilton	Mon/Fri	9:30 am	Next to Frank Garrett Center <b>*No class June 20 thru 27</b>
Unase Al Reto hosted by Univision		Woodlawn Lake Park 1103 Cincinnati	Wed	5:00 pm	On the island near the boat ramp
Trails for Tails		Eisenhower Park 19399 NW Military	Fri	6:00 pm	At the pavilion next to the playground
Trails for Tails		Eisenhower Park 19399 NW Military	Sat	8:30 am	At the pavilion next to the playground <b>*No class June 11</b>
Humana Hikes hosted by Humana		Eisenhower Park 19399 NW Military	Sat, June 18	9:00 am	At the playground











## Just for Kids

Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!

Class Name		Location	Day(s)	Time	Meeting Place
Youth and Adult Basketball Conditioning		Copernicus Park 5003 Lord	Mon, June 6	7:00 pm	Inside Copernicus Community Center
Youth Volleyball Conditioning		Copernicus Park 5003 Lord	Wed	6:30 pm	Inside Copernicus Community Center <b>*Last class June 8</b>
Cross Fit for Kids		Rainbow Hills Park 528 Rasa	Tues	5:00 pm	In the field <i>*Adaptive Athletes encouraged to attend</i> <b>*No class June 21</b>
KDR Elite Sports Performance		Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside Cuellar Community Center's front gym <b>*Boys and Girls ages 14 to 18 *Last class June 8</b>

## Mom, Pop & Tot












Mom, Pop & Tot Fitness is a unique fitness experience that allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout!

Class Name		Location	Day(s)	Time	Meeting Place
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Tues	9:30 am	Picnic tables <b>*For inclement weather cancellations call 800-279-7430</b>
Stroller Strides by Fit 4 Mom		Phil Hardberger Park East 13203 Blanco	Sat, June 4	9:30 am	Picnic tables <b>*For inclement weather cancellations call 800-279-7430</b>

# Net Sports

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by the San Antonio Tennis Association are perfect for those that want to get back into the "swing" of things. For a variation try table tennis, pickle ball, or RoTenGo, the hottest new racket in town! Labor Street Park is home to a set of marked RoTenGo courts for your enjoyment.



Class Name		Location	Day(s)	Time	Meeting Place
Adult Table Tennis		Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Adult Table Tennis		Mission Library 3134 Roosevelt	Sat	3:30 pm to 4:45 pm	Inside Mission Library <b>*No class June 11</b>
Modified Tennis	 	Granados Park 500 Freiling	Mon	9:30 am to 10:30 am	Inside Granados Adult & Senior Center
Pickleball		LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center <b>*No class June 11</b>
Pickleball	 	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center
RoTenGo		Jesse James Leija Gym 319 W. Travis	Fri	6:00 pm	Inside Jesse James Leija Gym (Upstairs)
RoTenGo		Labor Street Park 442 Labor Street	Tues	6:15 pm	Meet on the RoTenGo courts
Chair Volleyball for adults		Lackland Terrace Park 7902 Westshire	Tues	9:30 am	Inside Gill Adult & Senior Center
Adult Tennis		McFarlin Tennis Center 1503 San Pedro	Wed	6:00 pm - 7:30 pm	Courts 17-19



# Troops for Fitness

Troops for Fitness is a series of fitness classes taught by skilled military veterans. With the support of Coca-Cola, the San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes. The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Adult Boot Camp**  
Harlandale Park  
LBJ Park  
Palm Heights Park  
Dawson Park
- **Circuit Training**  
Bonnie Conner Park  
Lou Kardon Park  
McAllister Park  
Labor Street
- **Low Impact Circuit**  
Lackland Terrace Park  
Parman Library
- **Yoga**  
Enrique Barrera Center
- **Interval Training**  
McAllister Park  
Bonnie Conner Park  
Ward Park  
Highland Park
- **Family Fitness Frenzy**  
LBJ Park  
OP Schnabel Park
- **Cross Fit**  
McAllister Park  
Harlandale Park  
Highland Park  
Ward Park
- **Core Training**  
OP Schnabel Park
- **Conditioning**  
Cuellar Park  
Labor Street Park
- **Strength**  
Cuellar Park





# FITPASS5K DASH



## Fitness in the Park *Spotlight* June 2016

June marks the start of San Antonio's favorite health and wellness adventure! Fit Pass 2016 will kickoff on June 11<sup>th</sup> at the Pearsall Park Grand Opening featuring the Fit Pass Dash 5K, 1 mile fun run, Fitness-thon and Expo. The event is free and open to all ages and abilities. Register online at [iaapweb.com](http://iaapweb.com) by searching the calendar of races for the Fit Pass Dash 5K on June 11, 2016.

Newly renovated Pearsall Park features state of the art amenities. Enjoy the splash pad, giant playground, skate park, zip line, 40-yard dash timer, challenging run/walk route and so much more.

Fit Pass players will have the opportunity to earn points through September 3, 2016 for their chance to earn some really great prizes! Hear what past participants thought of Fit Pass at <https://www.youtube.com/watch?v=Wq2mHNTF9-A>



@SAParksFitness

San Antonio Parks and Recreation Fitness

# Weekly Schedule

# May - June 2016

Monday May 30	Tuesday May 31	Wednesday June 1	Thursday June 2	Friday June 3	Saturday June 4	Sunday June 5
<p><u><b>Holiday Buster</b></u></p> <p>-30 seconds of running</p> <p>-30 seconds of jumping jacks</p> <p>-30 seconds of sit ups</p> <p>-30 seconds of lunges</p> <p>-30 seconds of push ups</p> <p>-30 seconds of rest</p> <p>Repeat up to 10 times for a 30 minute workout</p> <p>Remember to warm up &amp; stretch before your workout and cool down and stretch again after you workout.</p> <p>What is a Holiday Buster?</p> <p>When we get a day away from work we tend to want to relax and take a break. It's easy to get out of your fitness routine...especially around summer time. Take 45 minutes to complete this workout and enjoy the rest of your day off.</p>	<p><b>7:30 am</b> <b>Lap Swim</b> Various Pools</p> <p><b>8:30 am</b> <b>Walking Group</b> Commanders House</p> <p><b>9:30 am</b> <b>Stroller Strides</b> Hardberger Park East</p> <p><b>Chair Volleyball</b> Lackland Terrace Park</p> <p><b>10:00 am</b> <b>Folklorico</b> Berta Almaguer Studio</p> <p><b>11:00 am</b> <b>Ballet Exercise</b> Berta Almaguer Studio</p> <p><b>11:30 am</b> <b>Circuit Training</b> Enrique Barrera FC</p> <p><b>Water Fitness</b> SA Natatorium</p> <p><b>1:00 pm</b> <b>Table Tennis</b> Mission Library</p> <p><b>5:00 pm</b> <b>Circuit Training</b> Heritage Duck Pond</p> <p><b>Yoga</b> Cuellar Park</p> <p><b>Kids Cross Fit</b> Rainbow Hills Park</p> <p><b>5:30 pm</b> <b>Circuit Training</b> Bonnie Conner Park</p> <p><b>Belly Dancing</b> Lions Field</p> <p><b>6:00 pm</b> <b>Circuit Training</b> Enrique Barrera FC</p> <p><b>Cross Fit</b> Highland Park</p> <p><b>Zumba</b> Arnold Park</p> <p><b>Tae Bo</b> Copernicus Park</p> <p><b>CrossFit</b> Heritage Duck Pond</p> <p><b>Cross Fit</b> Rainbow Hills Park</p> <p><b>Boot Camp</b> McAllister Park</p> <p><b>6:15 pm</b> <b>RoTenGo</b> Labor Street Park</p> <p><b>6:30 pm</b> <b>Interval Training</b> Bonnie Conner Park</p> <p><b>Cross Training</b> Garza Park</p> <p><b>7:00 pm</b> <b>Interval Training</b> Highland Park</p> <p><b>Cardio Kickboxing</b> Heritage Duck Pond</p>	<p><b>7:30 am</b> <b>Lap Swim</b> Various Pools</p> <p><b>8:30 am</b> <b>Circuit Training</b> Panther Springs Park</p> <p><b>Circuit Training</b> Lou Kardon Park</p> <p><b>10:00 am</b> <b>Low-Impact Circuit</b> Lackland Terrace Park</p> <p><b>5:00 pm</b> <b>Unase Al Reto</b> Woodlawn Lake Park</p> <p><b>5:30 pm</b> <b>Family Fitness Frenzy</b> LBJ Park</p> <p><b>Circuit Training</b> Labor Street Park</p> <p><b>Bailar es vivir</b> Enrique Barrera FC</p> <p><b>Yoga</b> Enrique Barrera FC</p> <p><b>6:00 pm</b> <b>Cardio Kickboxing</b> Walker Ranch Park</p> <p><b>Adult Tennis</b> McFarlin Tennis Center</p> <p><b>Yoga</b> LBJ Park</p> <p><b>6:30 pm</b> <b>Boot Camp</b> LBJ Park</p> <p><b>Boot Camp</b> Garza Park</p> <p><b>Zumba</b> Jimmy Flores Park</p> <p><b>Conditioning</b> Labor Street Park</p> <p><b>Interval Training</b> Ward Park</p> <p><b>Body Combat</b> Pittman-Sullivan Park</p> <p><b>Volleyball Conditioning</b> Copernicus Park</p> <p><b>Boot Camp</b> Nani Falcone Park</p> <p><b>7:00 pm</b> <b>Interval Training</b> Walker Ranch Park</p> <p><b>Sports Performance</b> Cuellar Park</p> <p><b>7:30 pm</b> <b>CrossFit</b> Ward Park</p>	<p><b>7:30 am</b> <b>Lap Swim</b> Various Pools</p> <p><b>8:30 am</b> <b>Walking Group</b> Commanders House</p> <p><b>1:00 pm</b> <b>Table Tennis</b> Mission Library</p> <p><b>5:30 pm</b> <b>Walking Group</b> Woodlawn Lake Park</p> <p><b>Circuit Training</b> Bonnie Conner Park</p> <p><b>6:00 pm</b> <b>Circuit Training</b> Enrique Barrera FC</p> <p><b>Tae Bo</b> Copernicus Park</p> <p><b>Boot Camp</b> McAllister Park</p> <p><b>Boot Camp</b> Dawson Park</p> <p><b>6:30 pm</b> <b>Circuit Training</b> Woodlawn Lake Park</p> <p><b>Interval Training</b> Bonnie Conner Park</p> <p><b>Cross Training</b> Garza Park</p> <p><b>7:00 pm</b> <b>Walk It Out Fitness</b> Copernicus Park</p> <p><b>7:30 pm</b> <b>Cross Fit</b> Woodlawn Lake Park</p> <p><b>Boot Camp</b> Palm Heights Park</p>	<p><b>8:30 am</b> <b>Low Impact Circuit</b> West End Park</p> <p><b>9:30 am</b> <b>Walking Group</b> West End Park</p> <p><b>10:00 am</b> <b>Line Dancing</b> Lackland Terrace Park</p> <p><b>Line Dancing</b> Granados Center</p> <p><b>11:00 am</b> <b>Tai Chi</b> Pan American Library</p> <p><b>Folklorico</b> Granados Center</p> <p><b>6:00 pm</b> <b>Zumba</b> OP Schnabel Park</p> <p><b>Rotengo</b> Jesse James Leija Gym</p> <p><b>Trails for Tails</b> Eisenhower Park</p>	<p><b>8:00 am</b> <b>Zumba</b> Hardberger Park West</p> <p><b>8:30 am</b> <b>Trails for Tails</b> Eisenhower Park</p> <p><b>9:00 am</b> <b>Pickleball</b> LBJ Park</p> <p><b>Boot Camp</b> Stone Oak Park</p> <p><b>Zumba</b> McAllister Park</p> <p><b>Hip Hop Dance</b> Berta Almaguer Studio</p> <p><b>Cross Fit</b> McAllister Park</p> <p><b>Belly Dancing</b> Berta Almaguer Studio</p> <p><b>9:30 am</b> <b>Stroller Strides</b> Hardberger Park East</p> <p><b>10:00 am</b> <b>Zumba</b> Rosedale Park</p> <p><b>Circuit Training</b> McAllister Park</p> <p><b>Cross Fit</b> Monterrey Park</p> <p><b>Low Impact Circuit</b> Encino Library</p> <p><b>Cross Training</b> Garza Park</p> <p><b>10:30 am</b> <b>Chair Yoga</b> Dorie Miller Park</p> <p><b>11:00 am</b> <b>Body Pump</b> Rosedale Park</p> <p><b>Interval Training</b> McAllister Park</p> <p><b>Boot Camp</b> Encino Library</p> <p><b>11:30 am</b> <b>Yoga</b> Dorie Miller Park</p> <p><b>Zumba</b> LBJ Park</p> <p><b>12:00 pm</b> <b>Body Combat</b> Rosedale Park</p> <p><b>Martial Arts</b> Encino Library</p> <p><b>12:30 pm</b> <b>Martial Arts</b> Encino Library</p> <p><b>1:00 pm</b> <b>Walk It Out Fitness</b> Copernicus Park</p> <p><b>Line Dancing</b> Berta Almaguer</p> <p><b>3:30 pm</b> <b>Table Tennis</b> Mission Library</p> <p><b>4:00 pm</b> <b>Meditation</b> Hardberger Park West</p>	<p><b>10:00 am</b> <b>Interval Training</b> Hardberger Park West</p> <p><b>11:00 am</b> <b>Circuit Training</b> Hardberger Park West</p> <p><b>Yoga</b> Pan American Library</p> <p><b>12:00 pm</b> <b>Stretching</b> Hardberger Park West</p> <p><b>5:00 pm</b> <b>Belly Dancing</b> Encino Library</p>

Monday June 6	Tuesday June 7	Wednesday June 8	Thursday June 9	Friday June 10	Saturday June 11	Sunday June 12
<b>8:30 am</b> Circuit Training Panther Springs Park <b>Low Impact Circuit</b> West End Park <b>9:30 am</b> Modified Tennis Granados Center <b>Walking Group</b> West End Park <b>10:00 am</b> Social Walk Lackland Terrace Park <b>10:30 am</b> Pickleball Granados Park <b>5:00 pm</b> Strength Cuellar Park <b>5:30 pm</b> Walking Group Woodlawn Lake Park <b>Bailar es vivir</b> Enrique Barrera FC <b>Yoga</b> Enrique Barrera FC <b>6:00 pm</b> Conditioning Cuellar Park <b>Hula</b> LBJ Park <b>Circuit Training</b> Collins Garden Park <b>6:30 pm</b> Piloxing South Side Lions Park <b>Boot Camp</b> Garza Park <b>Boot Camp</b> Harlandale Park <b>Boot Camp</b> South San Park <b>Circuit Training</b> Woodlawn Lake Park <b>7:00 pm</b> Basketball Conditioning Copernicus Park <b>Yoga</b> Collins Garden Park <b>7:30 pm</b> Cross Fit Woodlawn Lake Park <b>Cross Fit</b> Harlandale Park	<b>7:30 am</b> Lap Swim Various Pools <b>8:30 am</b> Walking Group Commanders House <b>9:30 am</b> Stroller Strides Hardberger Park East <b>Chair Volleyball</b> Lackland Terrace Park <b>10:00 am</b> Folklorico Berta Almaguer Studio <b>11:00 am</b> Ballet Exercise Berta Almaguer Studio <b>11:45 am</b> Water Fitness SA Natatorium <b>1:00 pm</b> Table Tennis Mission Library <b>5:00 pm</b> Circuit Training Heritage Duck Pond <b>Yoga</b> Cuellar Park <b>Kids Cross Fit</b> Rainbow Hills Park <b>5:30 pm</b> Belly Dancing Lions Field <b>6:00 pm</b> Circuit Training Enrique Barrera FC <b>Cross Fit</b> Highland Park <b>Zumba</b> Arnold Park <b>Tae Bo</b> Copernicus Park <b>CrossFit</b> Heritage Duck Pond <b>Cross Fit</b> Rainbow Hills Park <b>Family Fitness</b> La Villita <b>Boot Camp</b> McAllister Park <b>6:15 pm</b> RoTenGo Labor Street Park <b>6:30 pm</b> Cross Training Garza Park <b>Caribe Rico Miderno</b> Lions Field <b>Zumba</b> Garza Park <b>7:00 pm</b> Interval Training Highland Park <b>Cardio Kickboxing</b> Heritage Duck Pond <b>Interval Training</b> La Villita <b>8:00 pm</b> Circuit Training La Villita	<b>7:30 am</b> Lap Swim Various Pools <b>8:30 am</b> Circuit Training Panther Springs Park <b>Circuit Training</b> Lou Kardon Park <b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park <b>12:30 pm</b> Belly Dancing Granados Park <b>1:30 pm</b> Caribe Rico Miderno Granados Park <b>5:00 pm</b> Unase Al Reto Woodlawn Lake Park <b>5:30 pm</b> Family Fitness Frenzy LBJ Park <b>Circuit Training</b> Labor Street Park <b>Bailar es vivir</b> Enrique Barrera FC <b>Yoga</b> Enrique Barrera FC <b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park <b>Adult Tennis</b> McFarlin Tennis Center <b>Yoga</b> LBJ Park <b>6:30 pm</b> Boot Camp LBJ Park <b>Boot Camp</b> Garza Park <b>Zumba</b> Jimmy Flores Park <b>Conditioning</b> Labor Street Park <b>Interval Training</b> Ward Park <b>Body Combat</b> Pittman-Sullivan Park <b>Volleyball Conditioning</b> Copernicus Park <b>Boot Camp</b> Nani Falcone Park <b>7:00 pm</b> Interval Training Walker Ranch Park <b>Sports Performance</b> Cuellar Park <b>7:30 pm</b> CrossFit Ward Park	<b>7:30 am</b> Lap Swim Various Pools <b>8:30 am</b> Walking Group Commanders House <b>11:45 am</b> Water Fitness SA Natatorium <b>1:00 pm</b> Table Tennis Mission Library <b>5:30 pm</b> Walking Group Woodlawn Lake Park <b>Circuit Training</b> Bonnie Conner Park <b>6:00 pm</b> Circuit Training Enrique Barrera FC <b>Tae Bo</b> Copernicus Park <b>Boot Camp</b> McAllister Park <b>Boot Camp</b> Dawson Park <b>6:30 pm</b> Circuit Training Woodlawn Lake Park <b>Interval Training</b> Bonnie Conner Park <b>Cross Training</b> Garza Park <b>7:00 pm</b> Walk It Out Fitness Copernicus Park <b>7:30 pm</b> Cross Fit Woodlawn Lake Park <b>Boot Camp</b> Palm Heights Park	<b>8:30 am</b> Low Impact Circuit West End Park <b>9:30 am</b> Walking Group West End Park <b>10:00 am</b> Line Dancing Lackland Terrace Park <b>Line Dancing</b> Granados Center <b>11:00 am</b> Tai Chi Pan American Library <b>Folklorico</b> Granados Center <b>6:00 pm</b> Zumba OP Schnabel Park <b>Rotengo</b> Jesse James Leija Gym <b>Trails for Tails</b> Eisenhower Park	<b>10:00 am</b> Circuit Training Lockwood Park <b>11:00 am</b> Yoga Pan American Library <b>Family Fitness</b> Lockwood Park <b>12:00 pm</b> Step Brackenridge Park <b>5:00 pm</b> Belly Dancing Encino Library <b>10:00 am</b> Circuit Training Pearsall Park <b>Cardio Kickboxing</b> Pearsall Park <b>10:30 am</b> Zumba Pearsall Park <b>Low Impact Circuit</b> Pearsall Park <b>11:00 am</b> Yoga Pearsall Park	<b>Fit Pass Kickoff</b>  <b>Read the Spotlight article on page 18 for more details.</b>



Monday June 13	Tuesday June 14	Wednesday June 15	Thursday June 16	Friday June 17	Saturday June 18	Sunday June 19
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>8:30 am</b> Low Impact Circuit West End Park	<b>8:00 am</b> Zumba Hardberger Park West	<b>11:00 am</b> Yoga Pan American Library
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commanders House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commanders House	<b>9:30 am</b> Walking Group West End Park	<b>8:30 am</b> Trails for Tails Eisenhower Park	<b>5:00 pm</b> Belly Dancing Encino Library
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>10:00 am</b> Circuit Training Lou Kardon Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>9:00 am</b> Pickleball LBJ Park	
<b>9:30 am</b> Low Impact Circuit West End Park	<b>Chair Volleyball</b> Lackland Terrace Park	<b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>11:00 am</b> Line Dancing Granados Center	<b>Boot Camp</b> Stone Oak Park	
<b>10:00 am</b> Modified Tennis Granados Center	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>Tai Chi</b> Pan American Library	<b>Zumba</b> McAllister Park	
<b>10:00 am</b> Low-Impact Circuit Parman Library	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>Circuit Training</b> Bonnie Conner Park	<b>6:00 pm</b> Folklorico Granados Center	<b>Hip Hop Dance</b> Berta Almaguer Studio	
<b>10:30 am</b> Social Walk Lackland Terrace Park	<b>Belly Dancing</b> Commander's House	<b>5:00 pm</b> Unase Al Reto Woodlawn Lake Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Zumba</b> OP Schnabel Park	<b>Cross Fit</b> McAllister Park	
<b>5:00 pm</b> Pickleball Granados Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>5:30 pm</b> Family Fitness Frenzy LBJ Park	<b>Boot Camp</b> McAllister Park	<b>Rotengo</b> Jesse James Leija Gym	<b>Boot Camp</b> Hardberger Park East	
<b>5:30 pm</b> Strength Cuellar Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Circuit Training</b> Labor Street Park	<b>Boot Camp</b> Dawson Park	<b>Trails for Tails</b> Eisenhower Park	<b>10:00 am</b> Zumba Rosedale Park	
<b>6:00 pm</b> Walking Group Woodlawn Lake Park	<b>5:00 pm</b> Kids Cross Fit Rainbow Hills Park	<b>Bailar es vivir</b> Enrique Barrera FC	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>Circuit Training</b> McAllister Park	
<b>6:00 pm</b> Yoga Enrique Barrera FC	<b>5:30 pm</b> Belly Dancing Lions Field	<b>Yoga</b> Enrique Barrera FC	<b>Interval Training</b> Bonnie Conner Park		<b>Cross Fit</b> Monterrey Park	
<b>6:30 pm</b> Conditioning Cuellar Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Cross Training</b> Garza Park		<b>Low Impact Circuit</b> Encino Library	
<b>6:30 pm</b> Hula LBJ Park	<b>Cross Fit</b> Highland Park	<b>Adult Tennis</b> McFarlin Tennis Center	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Chair Yoga</b> Highland Park	
<b>6:30 pm</b> Circuit Training Collins Garden Park	<b>Zumba</b> Arnold Park	<b>Yoga</b> LBJ Park	<b>7:30 pm</b> Cross Fit Woodlawn Lake Park		<b>Yoga</b> Hardberger Park East	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Tae Bo</b> Copernicus Park	<b>6:30 pm</b> Boot Camp LBJ Park	<b>Boot Camp</b> Palm Heights Park		<b>11:00 am</b> Body Pump Rosedale Park	
<b>6:30 pm</b> Boot Camp Garza Park	<b>Cross Fit</b> Rainbow Hills Park	<b>Boot Camp</b> Garza Park			<b>Interval Training</b> McAllister Park	
<b>6:30 pm</b> Boot Camp Harlandale Park	<b>Boot Camp</b> McAllister Park	<b>Zumba</b> Jimmy Flores Park			<b>Boot Camp</b> Encino Library	
<b>6:30 pm</b> Boot Camp South San Park	<b>6:15 pm</b> RoTenGo Labor Street Park	<b>Conditioning</b> Labor Street Park			<b>Yoga</b> Highland Park	
<b>6:30 pm</b> Circuit Training Woodlawn Lake Park	<b>6:30 pm</b> Cross Training Garza Park	<b>Interval Training</b> Ward Park			<b>Zumba</b> LBJ Park	
<b>6:30 pm</b> Core Training OP Schnabel Park	<b>Caribe Rico Miderno</b> Lions Field	<b>Body Combat</b> Pittman-Sullivan Park			<b>12:00 pm</b> Body Combat Rosedale Park	
<b>7:00 pm</b> Yoga Collins Garden Park	<b>Zumba</b> Garza Park	<b>Boot Camp</b> Nani Falcone Park			<b>Martial Arts</b> Encino Library	
<b>7:00 pm</b> Core Training OP Schnabel Park	<b>Interval Training</b> Highland Park	<b>Interval Training</b> Walker Ranch Park			<b>12:30 pm</b> Martial Arts Encino Library	
<b>7:30 pm</b> Cross Fit Woodlawn Lake Park		<b>7:30 pm</b> CrossFit Ward Park			<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>7:30 pm</b> Cross Fit Harlandale Park					<b>Yoga</b> Mission Library	
					<b>Line Dancing</b> Berta Almaguer	
					<b>2:00 pm</b> Cycle Circuit Training Mission Library	
					<b>3:30 pm</b> Table Tennis Mission Library	
					<b>4:00 pm</b> Meditation Hardberger Park West	

Monday June 20	Tuesday June 21	Wednesday June 22	Thursday June 23	Friday June 24	Saturday June 25	Sunday June 26
<b>5:15 am</b> Circuit Training Walker Ranch Park	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>7:30 am</b> Lap Swim Various Pools	<b>10:00 am</b> Line Dancing Lackland Terrace Park	<b>8:00 am</b> Zumba Hardberger Park West	<b>10:00 am</b> Interval Training Hardberger Park West
<b>6:00 am</b> Interval Training Walker Ranch Park	<b>8:30 am</b> Walking Group Commanders House	<b>8:30 am</b> Circuit Training Panther Springs Park	<b>8:30 am</b> Walking Group Commanders House	<b>Line Dancing</b> Granados Center	<b>8:30 am</b> Trails for Tails Eisenhower Park	<b>Circuit Training</b> Lockwood Park
<b>8:30 am</b> Circuit Training Panther Springs Park	<b>9:30 am</b> Stroller Strides Hardberger Park East	<b>Circuit Training</b> Lou Kardon Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>11:00 am</b> Tai Chi Pan American Library	<b>9:00 am</b> Pickleball LBJ Park	<b>11:00 am</b> Circuit Training Hardberger Park West
<b>9:30 am</b> Modified Tennis Granados Center	<b>Chair Volleyball</b> Lackland Terrace Park	<b>10:00 am</b> Low-Impact Circuit Lackland Terrace Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Folklorico</b> Granados Center	<b>Boot Camp</b> Stone Oak Park	<b>Yoga</b> Pan American Library
<b>10:00 am</b> Low-Impact Circuit Pittman Library	<b>10:00 am</b> Folklorico Berta Almaguer Studio	<b>12:30 pm</b> Belly Dancing Granados Park	<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>6:00 pm</b> Zumba OP Schnabel Park	<b>Hip Hop Dance</b> Berta Almaguer Studio	<b>Family Fitness</b> Lockwood Park
<b>10:30 am</b> Pickleball Granados Park	<b>11:00 am</b> Ballet Exercise Berta Almaguer Studio	<b>1:30 pm</b> Caribe Rico Miderno Granados Park	<b>Circuit Training</b> Bonnie Conner Park	<b>Rotengo</b> Jesse James Leija Gym	<b>Cross Fit</b> McAllister Park	<b>12:00 pm</b> Stretching Hardberger Park West
<b>5:00 pm</b> Strength Cuellar Park	<b>Belly Dancing</b> Commander's House	<b>5:00 pm</b> Unase Al Reto Woodlawn Lake Park	<b>5:45 pm</b> Boot Camp Southside Lions Park	<b>Trails for Tails</b> Eisenhower Park	<b>9:30 am</b> Boot Camp Hardberger Park East	<b>Build</b> Brackenridge Park
<b>5:30 pm</b> Walking Group Woodlawn Lake Park	<b>11:45 am</b> Water Fitness SA Natatorium	<b>5:30 pm</b> Family Fitness Frenzy LBJ Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC		<b>10:00 am</b> Zumba Rosedale Park	<b>5:00 pm</b> Belly Dancing Encino Library
<b>Family Fitness</b> OP Schnabel Park	<b>1:00 pm</b> Table Tennis Mission Library	<b>Circuit Training</b> Labor Street Park	<b>6:45 pm</b> Tae Bo Copernicus Park		<b>10:30 am</b> Chair Yoga Highland Park	
<b>6:00 pm</b> Conditioning Cuellar Park	<b>5:30 pm</b> Belly Dancing Lions Field	<b>Boot Camp</b> Travis Park	<b>Boot Camp</b> McAllister Park		<b>Yoga</b> Hardberger Park East	
<b>Hula</b> LBJ Park	<b>5:45 am</b> Aqua Zumba Normoyle Pool	<b>Bailar es vivir</b> Enrique Barrera FC	<b>Boot Camp</b> Dawson Park		<b>11:00 am</b> Body Pump Rosedale Park	
<b>Circuit Training</b> Collins Garden Park	<b>6:00 pm</b> Circuit Training Enrique Barrera FC	<b>Yoga</b> Enrique Barrera FC	<b>6:30 pm</b> Circuit Training Woodlawn Lake Park		<b>Interval Training</b> McAllister Park	
<b>6:30 pm</b> Piloxing South Side Lions Park	<b>Cross Fit</b> Highland Park	<b>6:00 pm</b> Cardio Kickboxing Walker Ranch Park	<b>Interval Training</b> Bonnie Conner Park		<b>Boot Camp</b> Encino Library	
<b>Boot Camp</b> Garza Park	<b>Zumba</b> Arnold Park	<b>Adult Tennis</b> McFarlin Tennis Center	<b>Cross Training</b> Garza Park		<b>Yoga</b> Highland Park	
<b>Boot Camp</b> Harlandale Park	<b>Tae Bo</b> Copernicus Park	<b>Yoga</b> LBJ Park	<b>Zumba</b> South Side Lions Park		<b>Zumba</b> LBJ Park	
<b>Boot Camp</b> South San Park	<b>Boot Camp</b> McAllister Park	<b>6:30 pm</b> Boot Camp LBJ Park	<b>6:45 pm</b> Zumba South Side Lions Park		<b>12:00 pm</b> Body Combat Rosedale Park	
<b>Circuit Training</b> Woodlawn Lake Park	<b>6:15 pm</b> RoTenGo Labor Street Park	<b>Boot Camp</b> Garza Park	<b>7:00 pm</b> Walk It Out Fitness Copernicus Park		<b>Martial Arts</b> Encino Library	
<b>Core Training</b> OP Schnabel Park	<b>6:30 pm</b> Cross Training Garza Park	<b>Zumba</b> Jimmy Flores Park	<b>7:30 pm</b> Cross Fit Woodlawn Lake Park		<b>12:30 pm</b> Martial Arts Encino Library	
<b>6:45 pm</b> Zumba Barrera Fitness Center	<b>Caribe Rico Miderno</b> Lions Field	<b>Conditioning</b> Labor Street Park	<b>7:00 pm</b> Boot Camp Palm Heights Park		<b>1:00 pm</b> Walk It Out Fitness Copernicus Park	
<b>7:00 pm</b> Yoga Collins Garden Park	<b>Zumba</b> Garza Park	<b>Interval Training</b> Ward Park			<b>Line Dancing</b> Berta Almaguer	
<b>Core Training</b> OP Schnabel Park	<b>7:00 pm</b> Interval Training Highland Park	<b>Body Combat</b> Pittman-Sullivan Park			<b>Yoga</b> Mission Library	
<b>7:30 pm</b> Cross Fit Woodlawn Lake Park		<b>Boot Camp</b> Nani Falcone Park			<b>2:00 pm</b> Cycle Circuit Training Mission Library	
<b>Cross Fit</b> Harlandale Park		<b>Aqua Zumba</b> San Pedro Pool			<b>3:30 pm</b> Table Tennis Mission Library	
		<b>7:00 pm</b> Interval Training Walker Ranch Park			<b>4:00 pm</b> Meditation Hardberger Park West	
		<b>Zumba</b> Lions Field				
		<b>7:30 pm</b> CrossFit Ward Park				

# Weekly Schedule

# June 2016

Monday June 27	Tuesday June 28	Wednesday June 29	Thursday June 30	Friday July 1	Saturday July 2	Sunday July 3
<u>5:15 am</u> Circuit Training Walker Ranch Park	<u>7:30 am</u> Lap Swim Various Pools	<u>7:30 am</u> Lap Swim Various Pools	<u>7:30 am</u> Lap Swim Various Pools	<u>8:30 am</u> Low Impact Circuit West End Park	<u>8:00 am</u> Zumba Hardberger Park West	<u>10:00 am</u> Interval Training Hardberger Park West
<u>6:00 am</u> Interval Training Walker Ranch Park	<u>8:30 am</u> Walking Group Commanders House	<u>8:30 am</u> Circuit Training Panther Springs Park	<u>8:30 am</u> Walking Group Commanders House	<u>9:30 am</u> Walking Group West End Park	<u>8:30 am</u> Trails for Tails Eisenhower Park	
<u>8:30 am</u> Circuit Training Panther Springs Park	<u>9:30 am</u> Stroller Strides Hardberger Park East	<u>8:30 am</u> Circuit Training Lou Kardon Park	<u>11:45 am</u> Water Fitness SA Natatorium	<u>10:00 am</u> Line Dancing Lackland Terrace Park	<u>9:00 am</u> Pickleball LBJ Park	<u>11:00 am</u> Circuit Training Hardberger Park West
<u>9:30 am</u> Modified Tennis Granados Center	<u>Chair Volleyball</u> Lackland Terrace Park	<u>10:00 am</u> Low-Impact Circuit Lackland Terrace Park	<u>1:00 pm</u> Table Tennis Mission Library	<u>Line Dancing</u> Granados Center	<u>9:30 am</u> Boot Camp Hardberger Park East	<u>Yoga</u> Pan American Library
<u>10:00 am</u> Social Walk Lackland Terrace Park	<u>10:00 am</u> Folklorico Berta Almaguer Studio	<u>12:30 pm</u> Belly Dancing Granados Park	<u>5:30 pm</u> Walking Group Woodlawn Lake Park	<u>11:00 am</u> Tai Chi Pan American Library	<u>10:00 am</u> Zumba Rosedale Park	<u>12:00 pm</u> Stretching Hardberger Park West
<u>10:30 am</u> Pickleball Granados Park	<u>11:00 am</u> Ballet Exercise Berta Almaguer Studio	<u>1:30 pm</u> Caribe Rico Miderno Granados Park	<u>Circuit Training</u> Bonnie Conner Park	<u>6:00 pm</u> Zumba OP Schnabel Park	<u>10:30 am</u> Chair Yoga HighlandPark	<u>5:00 pm</u> Belly Dancing Encino Library
<u>5:00 pm</u> Strength Cuellar Park	<u>Belly Dancing</u> Commander's House	<u>5:00 pm</u> Unase Al Reto Woodlawn Lake Park	<u>5:45 pm</u> Boot Camp Southside Lions Park		<u>Yoga</u> Hardberger Park East	
<u>5:30 pm</u> Walking Group Woodlawn Lake Park	<u>11:45 am</u> Water Fitness SA Natatorium	<u>5:30 pm</u> Circuit Training Labor Street Park	<u>6:00 pm</u> Circuit Training Enrique Barrera FC	<u>Rotengo</u> Jesse James Leija Gym		
<u>Bailar es vivir</u> Enrique Barrera FC	<u>1:00 pm</u> Table Tennis Mission Library	<u>Boot Camp</u> Travis Park	<u>Boot Camp</u> McAllister Park	<u>Trails for Tails</u> Eisenhower Park		
<u>6:00 pm</u> Conditioning Cuellar Park	<u>5:00 pm</u> Kids Cross Fit Rainbow Hills Park	<u>Yoga</u> Enrique Barrera FC	<u>Boot Camp</u> Dawson Park		<u>11:30 am</u> Yoga Highland Park	
<u>Circuit Training</u> Collins Garden Park	<u>5:30 pm</u> Belly Dancing Lions Field	<u>6:00 pm</u> Cardio Kickboxing Walker Ranch Park	<u>6:30 pm</u> Circuit Training Woodlawn Lake Park		<u>Zumba</u> LBJ Park	
<u>6:30 pm</u> Piloxing South Side Lions Park	<u>5:45 am</u> Aqua Zumba Normoyle Pool	<u>Adult Tennis</u> McFarlin Tennis Center	<u>Interval Training</u> Bonnie Conner Park		<u>Body Combat</u> Rosedale Park	
<u>Boot Camp</u> Garza Park	<u>6:00 pm</u> Circuit Training Enrique Barrera FC	<u>Yoga</u> LBJ Park	<u>Cross Training</u> Garza Park		<u>Martial Arts</u> Encino Library	
<u>Boot Camp</u> Harlandale Park	<u>Cross Fit</u> Highland Park	<u>6:30 pm</u> Boot Camp Garza Park	<u>6:45 pm</u> Zumba South Side Lions Park		<u>Salad al Pasito</u> Lincoln Park	
<u>Boot Camp</u> South San Park	<u>Zumba</u> Arnold Park	<u>Zumba</u> Jimmy Flores Park	<u>7:00 pm</u> Walk It Out Fitness Copernicus Park		<u>Martial Arts</u> Encino Library	
<u>Circuit Training</u> Woodlawn Lake Park	<u>Tae Bo</u> Copernicus Park	<u>Conditioning</u> Labor Street Park			<u>1:00 pm</u> Walk It Out Fitness Copernicus Park	
<u>6:45 pm</u> Zumba Barrera Fitness Center	<u>Cross Fit</u> Rainbow Hills Park	<u>Interval Training</u> Ward Park			<u>Yoga</u> Mission Library	
<u>7:00 pm</u> Yoga Collins Garden Park	<u>Boot Camp</u> McAllister Park	<u>Body Combat</u> Pittman-Sullivan Park			<u>Line Dancing</u> Berta Almaguer	
<u>7:30 pm</u> Cross Fit Woodlawn Lake Park	<u>6:15 pm</u> RoTenGo Labor Street Park	<u>Boot Camp</u> Nani Falcone Park			<u>Cycle Circuit Training</u> Mission Library	
<u>Cross Fit</u> Harlandale Park	<u>6:30 pm</u> Cross Training Garza Park	<u>Aqua Zumba</u> San Pedro Pool			<u>3:30 pm</u> Table Tennis Mission Library	
	<u>Caribe Rico Miderno</u> Lions Field	<u>Interval Training</u> Walker Ranch Park			<u>4:00 pm</u> Meditation Hardberger Park West	
	<u>Zumba</u> Garza Park	<u>Zumba</u> Lions Field				
	<u>7:00 pm</u> Interval Training Highland Park	<u>7:30 pm</u> CrossFit Ward Park				